

# The Center at Priscilla Place

## Senior Center serving adults age 55+

### August 2017

23 Priscilla Place • (203) 452-5199

Monday through Friday 9:00 AM—4:00 PM

### Mahjong players!

We have added an additional day to our calendar.

New Mahjong schedule:

Wednesdays at 12:30 PM

Fridays at 12:30 PM



### NEW! Art Workshop with Jill Nichols

August 8th, 15th

1:00 PM—3:00 PM

This painting workshop is offered to the beginner painter as well as those more advanced. Students will complete a painting from a still life after watching a demo by the instructor.

Students are welcome to use their own watercolor, oil, acrylic and pastel paints.

Please bring brushes, palette and palette knife, rags, paper towels, garbage bag for used towels, container for water/solvent, canvas/paper and odorless solvent for oils.

*Jill Nichols teaches at the*

*University of New Haven and  
Derby Senior Center and holds  
an MFA in Painting. Her work  
can be viewed at  
[www.jillnichols.com](http://www.jillnichols.com).*



Wednesday, August 30th at 12:30 PM

### Build your own creative terrarium!

Choose between two different layered rock terrariums. Step-by-step instructions are provided, along with fun trivia & raffle prizes.

**\$10.00 members / \$15.00 non-members**  
(includes all supplies)

For more information and to RSVP,  
please call (203) 452-5137.



### Free Balance Screening

Hosted by: Select Physical Therapy—Trumbull

Thursday, August 3rd

10:00 AM—1:00 PM



Register now for an appointment with Select Physical Therapy in Trumbull for a free balance screening to prevent falls, gain flexibility and promote your overall health.

To RSVP, please call (203) 452-5137.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



<b>First Selectman</b>	<b>(203) 452-5005</b>
Timothy M. Herbst	
<b>Senior Commission Chair</b>	<b>(203) 261-0872</b>
Amy DeZenzo	
<b>Director of Human Services</b>	<b>(203) 452-5199</b>
Michele Jakab	
<b>Administrative Assistant</b>	<b>(203) 452-5137</b>
Ashley Ryan Grace	
<b>Senior Center Receptionist</b>	<b>(203) 452-5137</b>
Jeannie Franco	
<b>Social Services</b>	<b>(203) 452-5198</b>
Jennifer Gillis: Outreach	<b>(203) 452-5133</b>
Jane Horton: Food Pantry	<b>(203) 452-5135</b>



## ***2017 Senior Citizen Commission***

Chairman - Amy DeZenzo  
 Vice-Chairman - Dee Chiota  
 Secretary - Gail D'Elia  
 Clerk - Barbara Crandall  
 Ron Foligno, Roberta Bellows  
 Evelyn Wiesner, Dorothy Merritt  
 Mary Moran

**Be sure to visit the Trumbull Community Center Website**

**<https://www.tccbuildingproject.org/>**

**The Trumbull Community Center Study & Building Committee proudly introduce Conceptual Designs for a proposed Community Center. They are available for viewing in the Senior Center lobby.**



**Would you like to help a family with home heat, groceries, or emergency housing?**

Donations can be made to the Social Services Department. 100% of all donations made to the Social Services Department are used solely to assist Trumbull residents with heating assistance, food shopping, and emergency housing. Trumbull is an exceptional place to live, with many residents always willing to lend a hand!



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## Monthly Programs and Games

### Computer Tutor: One on One Sessions with Cathleen Lindstrom Every Wednesday and Thursday 10:30 AM—12:00 PM

- How to send emails/photos
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents. There is no charge for residents. If you have a laptop computer, please bring it in.

### Lunch and Movie

**Friday, August 18th  
11:30 AM—1:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.

#### **Feature Film: Moana**

An adventurous teenager sails out on a daring mission to save her people in this Walt Disney animated musical. **Starring:** Dwayne Johnson and Rachel House. Lyrics by *Hamilton*'s Lin-Manuel Miranda.

To RSVP, please call (203) 452-5137.

### Monthly Birthday Party

**Friday, August 25th  
11:30 AM**

Come celebrate our August birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call (203) 452-5137.

### Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM.

Reservations are required two days in advance.

Call (203) 378-3086  
See page 12 for our menu.

## Games



### Bingo

**Friday, August 25th  
1:00 PM—2:30 PM**

Prizes and refreshments! RSVP by calling (203) 452-5137. Sponsored by the Senior Commission and SYNERGY Homecare.

### Bocce Ball

**Monday-9:00 AM**

Join us outside for a fun game!

### Poker

**Mondays and Thursdays**

**9:00 AM—3:30 PM**

Come join us for a fun game of poker. Don't forget to bring your poker face!

### Texas Hold'em

**Wednesdays and Fridays**

**10:00 AM—3:30 PM**

Interested in playing Texas Hold'em?

### Pinochle

**Wed, Thurs, Fri**

**12:30 PM**

Join a game and/or start your own!

### Mah-Jongg

**Wednesdays & Fridays**

**12:30 PM**

Mah-Jongg players meet Wednesday and Friday afternoons in the library and the meeting room. New players are welcomed to join!

### The Wellness Nurse

(203) 452-5134

The Wellness Nurse is available at the Senior Center on Tuesdays, Wednesdays, Thursdays and Fridays from 9:00 AM—1:00 PM.

She is also available at Stern Village on Mondays from 9:00 AM—12:30 PM.

#### **Wellness Nurse Services:**

- **Assesses and records blood pressure readings, nutritional counseling and weight management support**
- **Provides assistance with making doctor appointments**

### Lending Library



Did you know we have a small book exchange here at the center?

Stop by and check it out!

Borrow a book, keep a book, or donate a book!







## Workshops, Lunch and Learns, Events

**Sailing and Racing Today's  
Super Yachts  
Ice Cream Social Included!  
Wednesday, August 23rd  
11:30 AM**

The boats, the fun, and the rewards!  
As told by a local sailor, Jay Kiley,  
owner of SYNERGY Homecare.  
Jay has raced all his life. He has  
raced all over the USA and the  
world. While at the University of  
Notre Dame, he captained the  
sailing team. His passion has led  
him to compete at all levels. For the  
past several years, he has been  
racing super yachts from 80 to 200  
feet. Come and hear this sailor's  
lore. After the presentation, stay  
for ice cream!  
For more information and to RSVP,  
please call (203) 452-5137.

**Lunch & Learn at Bridges by  
EPOCH in Trumbull  
Thursday, August 31st  
11:00 AM**

Join us at Bridges by EPOCH for a  
presentation about recognizing the  
difference between general memory  
loss and dementia. Stay for lunch  
and a tour. For more information  
and to RSVP, please call  
(203) 452-5137.

### *Upcoming Events for September*

#### **Senior Picnic**

**Hosted by the  
Trumbull Rotary Club  
Thursday, September 7th  
12:00 PM**

Held at Trumbull Town Hall.  
You must RSVP; please call  
(203) 452-5137.

#### **Lunch and Learn**

##### **Effective Communication Strategies**

**Tuesday, September 12th  
11:00 AM—12:30 PM**

An educational program,  
presented by the  
Alzheimer's Association,  
about identifying strategies to  
help you connect and  
communicate at each stage of  
Alzheimer's disease. Lunch  
will be sponsored by  
SYNERGY Homecare. For  
more information and to  
RSVP, please call  
(203) 452-5137.

### **Medicare News!**

***All Medicare Beneficiaries to  
receive new Medicare Cards.***

***See page 9, News from the  
Outreach Office for more  
Information.***

### **Sue's Salon**

Haircuts for men & women  
Manicures & pedicures performed  
by a licensed professional.  
For an appointment,  
call (203) 981-7061

#### **Price List:**

Shampoo/set/blow dry: \$15.00  
Shampoo/cut: \$18.00  
Neck Trim: \$10.00  
Color/cut/set: \$50.00 +  
Perm/wash/cut/set/blow dry: \$65.00



**TYA**



**FREE SENIOR CITIZEN PERFORMANCE**

**August 2nd at 7PM**

**NO TICKETS REQUIRED • GENERAL SEATING  
DONATIONS GREATLY APPRECIATED**

**TRUMBULL HIGH SCHOOL AUDITORIUM**  
72 Strobel Road, Trumbull, CT 06611

Regular performances: August 3 - 5, at 8PM  
and Sun. August, 6th at 2PM

All tickets are \$20 and may be  
purchased at the door or on-line:

**WWW.TRUMBULLYOUTH.ORG**

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1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY <b>JANE DOE</b>			
MEDICARE CLAIM NUMBER <b>000-00-0000-A</b>		SEX <b>FEMALE</b>	
IS ENTITLED TO <b>HOSPITAL MEDICAL</b>		EFFECTIVE DATE <b>(PART A) 07-01-1986 (PART B) 07-01-1986</b>	
SIGN HERE → <u>Jane Doe</u>			

## FITNESS CLASSES

### **Mondays:**

**Stretch/Strengthen with Nancy-9:00 AM** Stretch, balance, aerobic and strength exercises to Optional: bring weights.

**International Folk Dance with Leng -10:00 AM** A wonderful exercise for your mind, body and spirit.

**Intermediate Line Dance with Shirley-12:45 PM** Line dance to different types of music.

**Yoga with Jeannie-2:00 PM** This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

### **Tuesdays:**

**Fit for Life Exercise with Marylou-9:15 AM** Low-impact aerobic exercise/dance (including a weights segment).

**Ballroom Dance with Mike Stavola-10:30 AM** Ballroom dance lessons with or without a partner.

**Zumba Lessons with Mike Stavola-11:30 AM** Have fun while you dance to energetic music!

**Tai Chi Quan for Better Balance with Alma-1:30 PM** Focuses on improving balance, reducing stress and clearing your mind.

### **Wednesdays:**

**Yoga with Jeannie -9:00 AM** This exercise focuses on breathing, stretching, balance and flexibility movements.

**Jazzercise with Marylou-10:10 AM** Combination of low-impact aerobic exercise and dance.

**Tap Dance with Shirley-11:00 AM** Experience required. Please bring your own tap shoes.

### **Thursdays:**

**Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM** This class focuses on breath, balance, core and total body strength and stretching. Bring your mat.

**Strength Training Workshop with Jeannie-10:30 AM** Build strength and muscle while feeling stronger and more flexible. Please bring a towel and mat.

**Feldenkrais with Cathy-11:30 AM** Awareness through movement. This class will teach you about the importance of proper movement techniques while sitting.

### **Fridays:**

**Zumba Gold with Jeannie-9:00 AM** Dance to international music while toning the entire body.

**Tai Chi with David-10:15 AM** An ancient martial art that helps improve balance, relieve stress and pain.

## ART CLASSES

### **Mondays:**

**Drawing with Christine-9:45 AM** This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcomed.

### **Tuesdays & Thursdays:**

**Watercolors with Sabine-9:30 AM** Watercolor class taught by Artist Sabine Bonnar. All levels are welcomed. A supply list will be provided.

### **Fridays:**

**Acrylic/Oil Painting with Christine-10:00 AM** A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

### **Viola's Fun with Beads:**

**Last Tuesday of the month August 29th-1:00 PM—3:00 PM** Workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings and bracelets. You are also welcome to bring in your own beads. There is no cost for this class. BEADS ARE ON US!

### **Volunteer Opportunity:** Volunteer needed for park maintenance.

Walk the parks and enjoy the outdoors! For more information, please call (203) 452-5137.

### **Senior and Disabled Persons**

#### ***Volunteer Tax Relief***

The town has established a program of *tax relief* for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a *tax* credit of a fixed amount up to \$600 upon his or her real estate taxes. In order to qualify for the benefits of this Volunteer Tax

Relief Program, residents:

- At the close of the preceding calendar year must be sixty-five (65) years of age and over, or whose spouses, living with them, are sixty-five (65) years of age or over, or sixty (60) years of age or over and the surviving spouse of a taxpayer qualified in this municipality under this section at the time of his or her death or with respect to real property on which such residents or their spouses are liable for taxes
- At the close of the preceding calendar are eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security,
- Are qualified for permanent total disability benefits under any federal, state or local government retirement or disability plan, including the road Retirement Act and any government-related teacher's retirement plan.
- Own or be held in trust for their benefit and occupy as their principal residence, real property in the Town of Trumbull or be liable for the payment of taxes.

Volunteer hours are to be completed in one (1) calendar year. The *tax* credit earned shall be applied to the *tax* bill issued for payment in July of the year following the calendar year of service. Please contact the First Selectman's office at (203) 452-5005 or the Senior Center at (203) 452-5199 if you would like to apply.

  
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The Center would like thank Stop and Shop in Trumbull for the snacks & drinks donated for our Patriotic Lunch. A big thank you to SYNERGY Homecare, Oasis Senior Advisors and Bridges by EPOCH for their time and support. Thank you to DJ Al Song for getting everyone out on the dance floor! Thanks to Micalizzis for the delicious Italian ice.

*Thank You*

 **CARMEL**  **AND TERESIAN**  
RIDGE TOWERS  
**INDEPENDENT SENIOR LIVING**  
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 **WinnResidential** A non-denominational community owned by the Diocese of Bridgeport. Professionally managed by WinnResidential.  

#### **Wish List**

- Current magazines
- Pens and highlighters
- Decaf Coffee
- Creamer
- Books

**Medical, social, shopping rides and more!** The Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

**The Yale University Art Museum  
Yorkside Pizza**

**Thursday, August 17th**

Visit the Yale University Art Gallery in New Haven.

Enjoy delicious pizza at Yorkside Pizza.

Transportation and admission to the art gallery is free; you are responsible for the cost of your lunch.

For more information and to RSVP, please call  
(203) 452-5137

**Time Schedule:**

- Bus will leave the Center by 9:00 AM
- The Yale University Art Museum from 10:00 AM—11:30 PM
- Yorkside Pizza & Restaurant from 12:00 PM—2:00 PM
- Bus will return to the Center by 3:00 PM.

**Thimble Islands  
Parthenon Diner Restaurant**

**Thursday, August 24th**

Feel the breeze as you take a cruise across the Thimble Islands. After this 45 minute narrated tour, enjoy lunch at Parthenon Diner Restaurant in Branford.

The ticket cost is \$12.00; cash or check only.

Please pay at the time of departure.

You are responsible for the cost of your lunch.

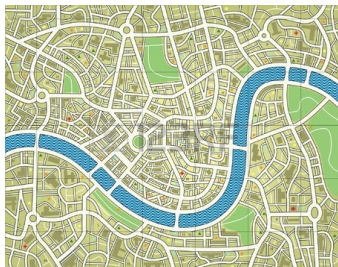
For more information and to RSVP, please call  
(203) 452-5137.

**Time Schedule:**

- Bus will leave the Center by 9:30 AM.
- Thimble Islands Tour from 11:00 AM—11:45 AM
- Parthenon Diner Restaurant 12:00 PM-1:30 PM
- Bus will return to the Center by 2:30 PM

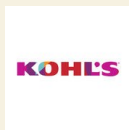
**Regularly Scheduled Shopping**

- **Tuesdays:** Stop and Shop  
**Stern Village Residents**
- **Wednesdays:** Stop and Shop



***Exciting News: Ride the Shuttle Loop! Get a choice!***

Ride the “Loop” every 2nd & 4th Thursday of the month. Stores within the “Loop” include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's and Target. Hop on the shuttle and let the driver know where you would like to go!



**Shuttle Loop Schedule**

- **Thursday, August 3rd-Shop or Dine, you choose!**
- **Thursday, August 10th-Shop or Dine, you choose!**

There is a minimum of 4 passengers per trip.

Maximum of 14 passengers per trip.





## DAY AND OVERNIGHT TRIPS: *Stop by for detailed trip flyers*

Take a look at our day and overnight trips. Anyone is welcome; membership or residency not required.

Driver trips: all amenities are included in the price.

Email Ashley Grace with any questions. [Agrace@trumbull-ct.gov](mailto:Agrace@trumbull-ct.gov).

Payment is required before signing up.

**Block Island  
Sold Out!**

### **9/11 Memorial and Museum**

#### ***Getaway Tours***

**Date: September 6th**

**Cost: \$111.00**

Includes: Transportation, Lunch at Carmine's, Admission to the 9/11 Memorial & Museum, Gratuities for Driver and Tour Director.



### **The Big E**

#### ***Getaway Tours***

**Date: September 20th**

**Cost: \$53.00**

Includes: Transportation, Admission Ticket, Driver's Gratuity



### **Lobster & Lighthouses**

#### ***Tours of Distinction***

**Date: September 22th**

**Cost: \$111.00**

Includes: Roundtrip Motor Coach, Narrated Lighthouse Cruise, Early-Bird Dinner at Abbott's Lobster in the Rough, Taxes & Gratuities



### **More Upcoming Trips:**

- Oktoberfest at Krucker's Resort—October 19th
- Radio City Christmas Show in NYC—November 17th.
- Brooklyn's Holiday Lights—December 4th
- An Amish Christmas Getaway featuring "The Miracle of Christmas" at Sight & Sound —December 6th-8th
- Boars Head Feast at the Williams Inn—December 12th



**Ask us about**

**Tours of Distinction's Customer Rewards Program:**

**Buy 3, get 1 free day trip.**

*For more information about certain trips, please stop by the Center for a flyer and/or call (203) 452-5137 and reference which trip you may be interested in.*

### **Over Night Trips with**

#### **Collette Tours**

**Tour:** Discover Switzerland, Austria & Bavaria

**Departing:** Thursday, April 12th, 2018

**Returning:** Saturday, April 21st, 2018

**Double:** \$3,799.00

**Single:** \$4,099.00

**Tour:** Albuquerque Balloon Fiesta  
**Departing:** Thursday, October 11th, 2018

**Returning:** Tuesday, October 16th, 2018

**Triple:** \$2,649.00

**Double:** \$2,679.00

**Single:** \$3,379.00





**Shop with us at the Food Pantry. Please call for inquiries and eligibility. 203-452-5198**  
**Transportation is available for pantry shoppers. (riders must be at least 18 years of age)**

### Medicare Savings Program: Help get your premiums paid!

Would you like help with your Medicare costs?

**You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples,** some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the “donut hole.”

### ELDERLY AND TOTALLY DISABLED RENTER’S RELIEF PROGRAM:

#### ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 31, 2016

**(\*\*\*\*Current proof of disability from Social Security must be provided\*\*\*\*)**

**Applicant must have been a renter in Connecticut during 2016.**

**ANNUAL INCOME GUIDELINES: SINGLE COUPLE: \$35,200.00**  
**COUPLE: \$42,900.00 (Cannot Exceed)**

#### PROOF OF INCOME FOR 2016:

- 1) Social Security benefit statement for 2016 (1099) form
- 2) Bank interest statement and dividends for 2016
- 3) Pension Statement for 2016
- 4) Federal Tax Return for 2016 if filed
- 5) Any and all income from 2016 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at [www.socialsecurity.gov](http://www.socialsecurity.gov) and create an account where you can then print a benefits verification letter.

#### PROOF OF EXPENSES PAID IN 2016:

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

\*\*\*Call United Illuminating at (800) 722-5584 and request a “PAYMENT PRINTOUT” for the year 2016.\*\*\*

### New Medicare Cards to be issued beginning April 2018

Your red, white, and blue Medicare card is proof that you are enrolled in Original Medicare. It is the most important piece of identification you own as a Medicare beneficiary, and it is evidence of coverage in order to receive Medicare-covered services. Your Medicare card usually contains either yours or your spouse’s Social Security number followed by a letter. **This is all going to change beginning in April 2018.** In an effort to protect you against the increasing prevalence of fraud and identify theft, CMS (Center for Medicare and Medicaid Services) will issue 57 million Medicare beneficiaries, a unique, randomly assigned Medicare Beneficiary Card. This card will include a combination of 11 characters; either uppercase letters from A to Z, (except for S, L, O, I, B, and Z - for ease of reading) and numbers 0-9. Issuance of the new cards will begin April 1, 2018 with completion by April 2019, and a transition period through December 31, 2019, which means you will be permitted to use either your old Medicare card or your new MBI card. But after December 31, 2019, you must use the new cards.

For concerns about this and you can call SWCAA CHOICES program at 800-994-9422



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Enjoy a continuum of care in a non-profit,  
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### Helping You Continue to Feel *Right at Home*

Right at Home of Greater Fairfield County understands that **MAINTAINING YOUR INDEPENDENCE** is the key to your happiness and well being. We tailor our in-home care, to your individual needs.

- Companionship for an afternoon
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- Meal prep, shopping, light housekeeping
- Transportation to appointments & more



We can help you stay at home. Serving Greater Southbury. Call today for a free, in-home assessment or more information.

**203-261-5777** [WWW.RAHFFC.COM](http://WWW.RAHFFC.COM)

## **Health Care Center** *your bridge to health*

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[Athenahealthcare.com/Northbridge](http://Athenahealthcare.com/Northbridge)

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Trumbull  
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LONG-TERM CARE  
RESPIRE**

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[athenanh.com/maefair](http://athenanh.com/maefair)

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## **TRUMBULL COMMUNITY TELEVISION**



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**Medical Arts Pharmacy**

**FREE RX DELIVERY TO  
YOUR HOME OR OFFICE**

# August

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 Wellness Nurse 1 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 2 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1-4 Billiards	9:00 Balance & Core 3 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach <b>10:00 Balance Screening</b> <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais	9:00 Dance & Tone 4 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 7 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 8 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Art with Jill Nichols</b> 1:30 Tai Chi Quan	9:00 Yoga 9 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1-4 Billiards	9:00 Balance & Core 10 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais	9:00 Dance & Tone 11 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 14 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 15 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Art with Jill Nichols</b> 1:30 Tai Chi Quan	9:00 Yoga 16 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle 12:30 Mahjong 1-4 Billiards Game	9:00 Balance & Core 17 9:00 Wellness Nurse <b>9:00 Yale Art Museum</b> 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais	9:00 Dance & Tone 18 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Lunch &amp; Movie</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 21 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 22 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 23 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance <b>11:30 Yachts Presentation</b> 12:30 Pinochle 12:30 Mahjong 1-4 Billiards Game	9:00 Balance & Core 24 9:00 Wellness Nurse <b>9:30 Thimble Islands</b> 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais	9:00 Dance & Tone 25 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Monthly Birthday</b> 12:30 Mahjong 12:30 Pinochle <b>1:00 Bingo</b> 1-4 Billiards Game
9:00 Stretch 28 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Wellness Nurse 29 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Beading Class</b> 1:30 Tai Chi Quan	9:00 Yoga 30 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle <b>12:30 PlantNite</b> 12:30 Mahjong 1-4 Billiards Game	9:00 Balance & Core 31 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> <b>11:00 Bridges by EPOCH</b> 11:30 Feldenkrais	





# Greater Bridgeport Senior Community Café





Trumbull Café 203-378-3086

## August Menu 2017

Whole Grain Bread,  
1% milk provided  
Margarine available  
100% Fruit Juice

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.25**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mixed Greens  Hot Open Face Turkey Sandwich with Gravy Potatoes Peas  Cookies	2 Split Pea Soup  Chicken Milanese with Lemon Parsley Sauce Rice Sliced Carrots  Apple Pie	3 Tossed Salad  Seared Fish Cakes with Dill Sauce Sweet Potato Vegetable Blend  Fruited Jell-O	4 Cabbage Soup  Vegetable Burgers Potato Salad Broccoli Salad  Orange
7 Mixed Greens  Braised Chicken Brown Rice Mixed Vegetables  Tapioca Pudding	8 Clam Chowder  Turkey Piccata Risotto Broccoli  Chocolate Cake	9 Caesar Salad  Penne with Italian Sausage Italian Blend Vegetables Garlic Bread  Fruit Salad	10 Lentil Soup  Hot Pastrami Open Faced Sandwich Mashed Potato Green Beans  Cantaloupe	11 Beef Vegetable Soup  Batter Dipped Cod with Tarter Sauce Yellow Rice Vegetable Medley  Fruit Cocktail
14 Tossed Salad  Baked Ham with Fruit Sauce Steamed Potatoes Vegetable Blend  Cookies	15 Spring Pea Soup  BBQ Chicken Yams Collard Greens  Apple	16 Tomato Vegetable Soup  Beef Brisket Noodles Braised Red Cabbage  Fresh Orange	17 Mixed Greens  Stuffed Shells Spinach Garlic Bread  Peach Pie	18 White Bean Soup  Mustard Crusted Pork Roast Rice Pilaf Vegetable Blend  Pineapple
21 Tomato Soup  Roast Turkey Corn Bread Stuffing Carrots  Pumpkin Pie	22 Mixed Greens  Cheese, Bacon and Vegetable Frittata Home Fries  Honeydew	23 Potato Leek Soup  Roast Chicken Brown Rice Mixed Vegetables  Fruited Jell-O	24 Caesar Salad  Spaghetti with Meatballs Italian Vegetables Garlic Bread  Tropical Fruit Cup	25 Broccoli Soup  Breaded Pork Cutlet with Tomato Bruschetta Wile Rice Blend Green Beans  Chocolate Pudding
28 Navy Bean Soup  Roast Top Round Au Jus Baked Potato Cauliflower  Pears	29 Tossed Salad  Grilled Chicken Risotto Cake Spinach  Butterscotch Pudding	30 Vegetable Soup  Veal Parmesan Pasta Zucchini  Jell-O	<b>Labor Day Special 31</b> Mixed Greens  Pulled Pork on a Bun Potato Salad Cucumber Salad  Watermelon	